

Montana Chef Competition Culinary Excellence Award Competitor



Recipe Name: Steak with Mustard Sauce

Chef: Susan Kovatch

Restaurant: The Lighthouse Restaurant



Montana Ingredients: [Montana Legend Brand](#) beef and [Garden City Fungi](#) mushrooms

Yield: 4 main course servings

Chef Profile:

Susan Kovatch, chef and owner of The Lighthouse Restaurant, nearly two miles west of Valier on highway 44, received a Silver Class award in the Culinary Excellence Award program held recently at Buck's T-4 Lodge in Big Sky.

Kovatch has been at the Lighthouse for 15 years. Her Silver Class award was in the dessert category for a creation titled: Blackberry Peach Crisp. (See recipe.)

Her advice to aspiring cooks: "Be consistent and use fresh and quality ingredients for all entrées. You need to have a passion for food that will lead to a great success in this business."

Amount Ingredients

Steak

1 cup	Mustard sauce (see recipe)
4 - 6oz.	Montana Legend Beef filets
	Salt and black pepper
2 Tbsp	Olive oil
1 recipe	Vegetable compote

Mustard Sauce

4 Tbsp	Melted butter
¼ cup	Flour
	Salt and pepper
2½ cup	Milk
1 cup	Shredded Parmesan cheese
4 Tbsp	Dijon mustard

Vegetable Compote

4 cups	Medium diced red skin potato, blanched
1 cup	Asparagus spears sliced into 1" lengths, blanched
1 cup	Garden City Fungi Sliced Shiitake Mushrooms
½ cup	Diced green onion or shallots

Garnishes:

Chives, snipped

Method:**Mustard Sauce**

Combine butter, flour, salt and pepper in 4-cup heat-resistant, microwaveable dish. Stir in milk and cook in microwave on HI power for 3-4 minutes. Whisk and stir in Parmesan cheese and Dijon mustard. Cook an additional 2-3 minutes until blended. Keep warm.

Steak

Prepare mustard sauce; reserve, keeping warm. Season filets with salt and pepper, heat oil in a medium skillet over med-high heat; sear both sides and cook to med-rare or desired doneness. Place on cutting board and using a sharp knife, cut into four portions. Keep warm. Add 4 tablespoons butter to skillet and sauté vegetable compote until heated through, 2-3 minutes. Remove from heat. Spoon the vegetable compote onto the center of the plate, place steak medallions overlapping each other onto vegetables. Drizzle mustard sauce over steak and garnish with snipped fresh chives. Serve immediately.